What is claimed is:

1. An implant, comprising:

a body portion having a hollow cavity for receiving bone growth material, said body positionable in the disc space between adjacent upper and lower vertebrae; and

a ligament attached to said body portion between the adjacent upper and lower vertebrae, said ligament extending from said body portion along the upper vertebra and along the lower vertebra, wherein said ligament is made from a flexible material.

2. The implant of claim 1, wherein said flexible ligament is movable in relation to said body portion.

3. The implant of claim 1, wherein said body portion includes an upper bearing surface and a lower bearing surface separated by a height, said height adapted to maintain spacing between the adjacent vertebrae.

4. The implant of claim 3, wherein said upper and lower bearing surfaces each include a bone engaging surface to inhibit expulsion of the implant from the disc space.

5. The implant of claim 4, wherein said body portion is shaped for rotatable insertion into the disc space and said bone engaging surfaces are in the form of threads.

6. The implant of claim 3, wherein said body portion is shaped for push-in insertion in the disc space and said bone engaging surfaces are in the form of ridges.

7. The implant of claim 1, wherein said body portion is a spinal fusion device.

8. The implant of claim 1, wherein said ligament includes:

a first opening formed therethrough to receive a first fastener to secure the ligament the upper vertebra; and

a second opening formed therethrough to receive a second fastener to secure the ligament the lower vertebra.

9. The implant of claim 1, wherein said ligament is removably attached to said body portion.

10. The implant of claim 1, wherein said body portion has a cavity allowing bone growth between the upper and lower vertebrae.

11. An implant, comprising:

a rigid body portion extending between a first bearing surface and a second bearing surface, each of said first and second bearing surfaces positionable adjacent a respective one of an upper vertebral endplate and a lower vertebral endplate;

a flexible ligament attachable to said body portion, said flexible ligament including:

a first portion extending from said body in a first direction for attachment to the upper vertebra; and

a second portion extending from said body in a second direction for attachment to the lower vertebra.

12. The implant of claim 11, wherein said body portion is D-shaped and defines a cavity for bone growth material.

13. The implant of claim 11, wherein:

said first bearing surface is adapted to engage an endplate of the upper vertebra; and

said second bearing surface is adapted to engage an endplate of the lower vertebra.

14. The implant of claim 13, wherein said first portion and said second portion of said ligament each have an opening formed therethrough to receive a fastener to secure the implant to the upper vertebra and lower vertebra, respectively.

15. The implant of claim 11, wherein:

said bone body is positionable in the disc space between the upper vertebra and the lower vertebra; and

said upper and lower members act as a ligament extending between the upper vertebra and the lower vertebra.

16. The implant of claim 11, wherein said first and second portions of said ligament comprises a single piece of material.

17. A spinal system, comprising:

a first implant including:

a first body portion positionable in the disc space between adjacent upper and lower vertebrae;

a first ligament extending from said body portion along the body of said upper vertebra and along the body of said lower vertebra, wherein said first ligament is made from a flexible material;

a second implant including:

a second body portion positionable in the disc space between adjacent upper and lower vertebrae; and

a second ligament extending from said second body portion along the body of said upper vertebra and along the body of said lower vertebra, wherein said second ligament is made from a flexible material.

18. The system of claim 17, wherein:

said first body portion has a leading end and an opposite trailing end, and said first flexible ligament is attached to said trailing end of said first body portion; and

said second body portion has a leading end and an opposite trailing end, and said second flexible ligament is attached to said trailing end of said second body portion.

19. The system of claim 18, wherein said each of said first and second body portions include an upper bearing surface and a lower bearing surface separated by a height, said height adapted to maintain spacing between the adjacent vertebrae.

20. The system of claim 19, wherein said height is tapered and increases from said leading end to said trailing end of said first and second body portions.

21. The system of claim 19, wherein each of said upper and lower bearing surfaces of each of said first and second body portions include a bone engaging surface to inhibit expulsion of the implant from the disc space.

22. The system of claim 21, wherein each of said first and second body portions is configured for rotatable insertion into the disc space and each of said bone engaging surfaces is threaded.

23. A method of fusing adjacent vertebrae through a disc space between adjacent vertebrae, comprising:

providing a hollow implant having a body portion with an upper bearing surface and opposite lower bearing surface, said implant further including a flexible ligament extending from the body portion;

placing bone growth material in the hollow implant;

accessing the disc space between adjacent vertebrae;

inserting the body portion of the implant into the disc space; and

securing the flexible ligament to one of the adjacent vertebrae.

24. The method of claim 23, further comprising securing the flexible ligament to the other of the adjacent vertebrae.

25. The method of claim 24, wherein:

securing the flexible ligament includes engaging a fastener to each of the adjacent body of through a corresponding opening formed through the flexible ligament.

26. The method of claim 23, wherein accessing the disc space includes accessing the disc space via an anterior approach.

27. The method of claim 23, wherein accessing the disc space includes accessing the c space between adjacent cervical vertebrae.

28. The method of claim 23, wherein accessing the disc space includes accessing the c space between adjacent lumbar vertebrae.

29. The method of claim 23, further comprising attaching the flexible ligament to the y portion at a location between the adjacent vertebrae after inserting the body portion into the c space.

30. The method of claim 23, further comprising:

providing a second implant having a body portion with an upper bearing surface and osite lower bearing surface, said second implant further including a flexible ligament nding from the body portion;

inserting the body portion of the second implant into the disc space; and

securing the flexible ligament of the second implant to one of the adjacent vertebrae.

31. A method of preparing a spinal implant, comprising:

providing a body portion adapted for insertion in the spinal disc space between adjacent vertebra and a second vertebra;

providing bone engaging surfaces on the body portion; and

attaching a flexible ligament to said body portion, said flexible ligament including a first portion extending from said body in a first direction for attachment to the first vertebra and a second portion extending from said body in a second direction for attachment to the second vertebra.

32. The method of claim 31, further including providing the body portion with a hollow interior and placing bone growth material in the hollow interior.